

BROOK EDUCATION AND TRAINING



Supporting you to provide
exceptional relationships and sex
education to young people



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WHO ARE WE?

Brook is proud to have been the vanguard in changing social attitudes to sex over the past 55 years; however, stigma still exists when it comes to young people enjoying the sex and relationships they choose.

Through our unique combination of clinical services, education and wellbeing programmes, training and advocacy work, we make a significant difference to the lives of under 25s. In 2018/2019, Brook supported nearly 800,000 young people.

Following years of lobbying, we celebrate the introduction of mandatory relationships and sex education (RSE) in all secondary schools in England from September 2020. During 2018/19, Brook contributed to the consultation and development of the new guidance for schools.

We are committed to ensuring that the legislation is improved and that everyone is effectively supported to deliver the kind of quality RSE that young people have consistently told us they want and need.

WHY CHOOSE US?

As proud advocates, government consultants and nationally recognised thought leaders on RSE, we are best placed to guide you on matters of policy, training and implementation.

Our educational offers have been specifically designed to aid you every step of the way, ensuring that both young people and the professionals tasked with teaching them RSE are empowered and informed.

Our direct delivery to young people in schools and youth settings across the country remains the gold standard for quality assured and rights-based RSE.

BROOK BELIEVES:

EVERY YOUNG PERSON must be able to build a healthy and happy life and have positive relationships, including sexual ones. Effective relationships and sex education must be relevant and appropriate to the lives of children and young people, regardless of their family background, ethnicity or religion.

EVERY TEACHER should be upskilled to provide holistic support to young people. All teachers should be equipped to speak to young people confidently about their health and wellbeing and should have access to factually accurate, rights based and high-quality continued professional development and resources.

EVERY SCHOOL should be supported with a quality framework and processes. These should align policy, people and practice, curriculum and students in such a way that meaningful provision is established.

Relationships and Sex Education (RSE) becomes mandatory in schools in England from September 2020.

WHAT IS RSE?

Relationships and Sex Education teaches young people about the biological, developmental and emotional aspects of sex, sexual development, sexuality and relationships. RSE should be evidence-based, drawing on accurate scientific and medical information and directing young people to reliable sources of accurate information.

WHY IS IT BENEFICIAL?

The provision of good quality RSE helps young people to make informed decisions about their sexual relationships and provides skills which help to protect young people emotionally and physically. It can also help to delay first sex, ensure a smaller age gap between sexual partners at first sex, and increase condom use. Those who have received comprehensive RSE are less likely to be treated for an STI in the future.

Quality RSE also helps to strengthen protective factors to combat sexual exploitation and abuse.

The 2012 Ofsted report of schools across England discovered that over a third of schools required improvement in their RSE.

Many young people were discovered to be "unprepared for the physical and emotional changes they will experience during puberty, and later when they grow up and form adult relationships".

WHAT DOES IT MEAN FOR SCHOOLS?

Before 2020 it is necessary for schools to:

- Implement mandatory RSE
- Create a practical, achievable action plan
- Develop an RSE policy
- Invest in the development of staff
- Embed RSE in the school culture and moral framework of the school
- Identify and overcome legal, social, cultural, religious and moral challenges in relation to RSE

HOW CAN BROOK HELP YOU?

RSE WORKSHOPS

Brook provides participative, informative workshops in schools and other settings aimed at generating evidence-based discussion around sex, sexuality and relationships. These sessions increase young people's knowledge and provide them with the vocabulary and skills to communicate with their peers, parents and professionals.

PROFESSIONAL TRAINING

Our training sessions for professionals working with children and young people offer support and expert guidance on specialist topics relating to RSE - including Porn, Sexting, Child Sexual Exploitation, Sexuality and Gender, among others - as well as practical advice on preparation for mandatory RSE.

BROOK LEARN

Brook Learn is our free online learning platform for professionals working with young people. It gives professionals the knowledge, confidence and skills to deliver high-quality relationships and sex education in schools. Courses available include How to Deliver RSE, Contraception, Relationships, Pleasure, Consent and Puberty.

BROOK QUALITY

Brook Quality is a 'kite mark' of quality assurance specifically designed for schools. It provides a toolkit and a framework for schools to implement and then demonstrate the quality provision of RSE.

1-1 TARGETED SUPPORT

Brook offers 1-1 sessions to young people aged 11+, based on a supported self-help approach. We create bespoke educational programmes for each young person, designed to teach them behaviour change skills.

RSE WORKSHOPS

Prices
start from
£125

Our team of Education & Wellbeing Specialists across the country have developed a core curriculum of eight RSE workshops, plus a wider selection of eight more, designed to stand alone and fit directly into schools' timetables and existing RSE provision.

All of our workshops have been quality assured and are delivered by Brook's fully trained Education and Wellbeing Specialists, so you can have confidence in the quality, accuracy and value of our teaching.

WHAT TO EXPECT:

Typically a single 50-minute session exploring one topic in detail, using informal education and small group work

CAN INCLUDE:

- Values exploration
- Kinaesthetics activities
- Films/videos
- Handouts
- Storytelling
- Small group work
- Presentations

HEALTHY RELATIONSHIPS

Learning outcomes for young people:

- Increase their understanding of healthy, inclusive and diverse relationships.
- Explore the qualities and behaviours that they should expect and exhibit in positive relationships.
- Ensure they can recognise harmful behaviours and explore how to manage them.

CONSENT

Learning outcomes for young people:

- Increase their knowledge about sex in the context of the law.
- Explore how they can recognise, negotiate, give, refuse and stop consent.
- Ensure they know what consent means in relation to the law.

CONTRACEPTION

Learning outcomes for young people:

- Increase their knowledge of contraception.
- Explore the advantages and disadvantages of different methods of contraception available.
- Ensure they know how to access local health and support services.

STIS

Learning outcomes for young people:

- Increase their knowledge of STIs.
- Explore the options and practise the skills needed to enable them to make positive choices around sexual health.
- Ensure they know how to access local health and support services.

RSE WORKSHOPS

Prices
start from
£125

SEX AND THE LAW

Learning outcomes for young people:

- Increase their understanding on the law as it relates to sex and relationships.
- Explore how they can recognise, negotiate, give, refuse and stop consent.
- Ensure they feel empowered when making individual choices relating to sex and relationships.

ONLINE DIGITAL LIFE

Learning outcomes for young people:

- Increase their knowledge about rights and responsibilities in relation to their online life.
- Explore and provide a safe space for them to think about the complexities of online life and relationships.
- Ensure they have an understanding of the risks and benefits of digital relationships.

SEXUALITY

Learning outcomes for young people:

- Increase their knowledge of different types and experiences of sexuality.
- Explore their understanding of diversity.
- Ensure they understand ways to support themselves and others in discovering and living their sexuality.

GENDER

Learning outcomes for young people:

- Increase their understanding of gender and gender stereotypes.
- Explore how different people's gender affects them and their experience in the world.
- Ensure they know how to access support services and information that allows them to question their gender.



The staff were very confident and respectful, they went over everything and it didn't feel embarrassing."

Emma, 14

We also cover a range of other topics, including:

- Drugs and alcohol
- Pleasure
- Pornography
- Pregnancy choices
- Puberty
- Self esteem
- Sexting
- Sexual bullying
- Sexual harassment

For more information or to find out whether any of these topics can be adapted to meet the needs of your young people, please contact:

training@brook.org.uk

BROOK LEARN

Brook Learn is our free online learning platform which has been developed to support professionals delivering RSE to young people.

WHY CHOOSE BROOK LEARN?

Building on 55 years of experience working with young people, Brook's online courses leave educators with the knowledge, confidence and skills to deliver high-quality RSE. We also provide all the required downloadable materials for delivering activities within your lessons.



I have learnt so much on this course, it has developed my confidence in understanding and delivering RSE to the young people I support and broken down myths surrounding sexual health. I also now can see how important it is to teach this subject to young people."



CONSENT:

Supporting you to help young people understand the law, and to challenge the gender norms, stereotypes and cultural factors which may affect their ability to consent.

PLEASURE

Helping you to equip young people to have safe, ethical and enjoyable sexual experiences. Focuses on distinguishing between good and bad situations, rather than focussing on the negatives of infection, pregnancy risk and violence.

CONTRACEPTION

Equipping you to inform young people of the full range of contraceptive methods available. Featuring animations, real stories and an interactive tool that you can use in sessions with young people.

RELATIONSHIPS

Enabling you to empower young people to develop healthy relationships. With a strong focus on communication, respect and myth busting.

HOW TO DELIVER RSE

Developing your confidence, knowledge and skills to plan, deliver and evaluate high quality RSE lessons within your school.

STIs

Everything you need to know to prepare young people for healthier, safer sexual relationships.

ABORTION

Equipping you to talk to young people about abortion through a range of ground breaking activities.

Register and access all courses at:
learn.brook.org.uk

PROFESSIONAL TRAINING

Brook has been working with young people for over 55 years. Our experienced, skilled staff can deliver off-the-shelf, in-house or bespoke training to a wide range of professionals, parents and carers, at locations across the UK.

We offer a selection of courses designed to help schools prepare for mandatory RSE, as well as a range of full and half-day courses on specific topics.

OUR TRAINING:

- Directly addresses young people's needs around relationships and sex
- Deepens knowledge on key subjects
- Provides guidance on how to challenge discrimination around sexuality, race and disability
- Helps you to explore your own values, beliefs and religious, moral and ethical dilemmas

“

As part of a quality improvement project, I wanted to look at how we could better support our patients in terms of their sexual health, sexual expression and intimacy needs as they approach having unescorted leave and discharge. I came across Brook training on Eventbrite.

“I have now completed the CDS and Practical Tools for RSE trainings. I found both to have been taught by knowledgeable, passionate and dedicated trainers who were able to adapt the sessions for the audience...

“All those that work for Brook are excellent at what they do and their genuine enthusiasm for their role shines through.”

Rachel Luby,
The John Howard Centre



PROFESSIONAL TRAINING

MANDATORY RSE DELIVERY

Preparing you for the implementation of mandatory RSE. These can be tailored to meet the individual needs of your school or academy trust

Teaching RSE in the classroom

Duration: full day
Equipping you to plan and deliver effective RSE lessons across key stage 3 and 4.
Prices start from £800

All school staff RSE training

Duration: 2 hours
Raising awareness of the roles and responsibilities of non-specialist RSE teachers in the delivery of mandatory RSE.
Prices start from £325

Teaching challenging & sensitive subjects

Duration: 2 hours
A range of workshops on sensitive issues such as consent, pleasure & sexual identity.
Prices start from £325

MANDATORY RSE POLICY

Supporting PSHE leads and teachers with responsibility for developing RSE in their school or academy trust. These can be delivered separately or combined into a full day.

Creating a curriculum

Duration: 3 hours
Identifying effective curriculum models and teaching structures.
Prices from £475

Mandatory RSE requirements

Duration: 1 hour
Informing key school personnel of the requirements for mandatory RSE.
Prices start from £175

Policy review

Duration: 3 hours
Review existing policies within your school to meet mandatory RSE requirements.
Prices start from £475

MANDATORY RSE ENGAGEMENT

Exploring how best to respond to young people's needs within your school, and how to successfully secure engagement from parents and carers in relation to RSE.

Young people's needs

Duration: 3 hours
How the social and cultural context of young people's lives impact their RSE support needs within your school.
Prices from £475

Parents and carers

Duration: 2.5 hours
How to involve parents and carers with RSE; including parents' rights and how your school approaches them.
Prices from £400

PROFESSIONAL TRAINING

Child Sexual Exploitation (CSE) of Boys and Young Men (BYM)

FULL DAY

This course aims to develop the confidence of professionals working with young people, and raises awareness of the specific risks posed to boys and young men from Child Sexual Abuse/Exploitation.

A young man is highly unlikely to disclose to a professional that they are at risk of or experiencing CSE. Therefore exercising professional curiosity is critical to enabling a young man to get the right level of support. Throughout the day you will explore signs and indicators of online risks, among others. Participants are also given the opportunity to identify issues relevant to their own working context.

Prices start from £850

Participants will be able to:

- Identify the forms of CSA/E and how these apply to BYM
- Recognise professional responses to CSA/E of BYM compared to girls
- Explore case studies of BYM at risk of CSA/E
- Recognise risk indicators in BYM
- Reflect on the societal conditioning of BYM
- Identify the barriers for BYM to disclose or engage in services
- Understand the impact of gender and sexual orientation in the grooming process
- Explore online grooming and the use of technology
- Address BYM victim / perpetrator myths and gender stereotypes
- Understand the context of gender in the 2003 Sexual Offences Act

Relationships and Sex Education (RSE) for SEND Young People

**HALF DAY OR
FULL DAY**

This session has been designed to support professionals delivering RSE to young people with special educational needs and disabilities (SEND).

SEND young people have the right to learn about relationships and sex, yet the education may have to be delivered differently. Discussing methods and challenges will allow you to facilitate conversation and provide appropriate education.

**Prices start from £800 (full day)
or £475 (half day)**

Participants will be able to:

- Describe the RSE needs of young people who experience SEND and how these can be met
- Identify the best resources to use for teaching RSE to SEND young people

PROFESSIONAL TRAINING

Sex, Pressures and Social Networks

HALF DAY AND
FULL DAY

The aim of this session is to enable participants to gain knowledge and skills about the influences and pressures young people face as they develop and explore their emerging sexuality.

Many young people communicate with one another using social networks; however, we are increasingly hearing stories of young people sharing pictures and information online with people they have never met and do not know. Understanding why young people do this will enable you to work with them to resist the pressure they face.

Prices start from £800 (full day)
or £475 (half day)

Participants will be able to:

- Explain the messages young people receive that influence their sexual life, relationships and self-esteem
- Identify the potential impact of modern media (including social networks, pornography and celebrity culture) and key messages to support young people in negotiating it safely
- Describe how to support young people in making informed choices about their sexual life
- Describe how to encourage young people to think about the importance of positive friendships to build self esteem
- Describe how to equip young people with the skills to say no to sex they don't want and to explore intimacy and sensuality in non-sexual ways

Sexuality and Gender

HALF DAY AND
FULL DAY

The aim of this session is to explore sexuality and gender and provide participants with more in-depth knowledge and skills around the topic.

Research shows that people are happier and more productive in an environment in which they feel they can be themselves without fear of harassment or abuse. Although society as a whole is becoming more tolerant of the diversity of sexual orientations, homophobia is still ingrained in many institutions and communities. This continues to have an extremely negative effect on the lives of LGBT+ people.

Prices start from £800 (full day)
or £475 (half day)

Participants will be able to:

- Discuss attitudes to lesbian, gay, bisexual and transgendered young people
- Discuss stereotypes, judgements and assumptions around sexuality
- Describe LGBT+ issues affecting young people and identify ways of supporting the young people you work with around these issues
- Define and understand terminology demonstrate practical skills to support a young person with a disclosure
- Describe how to develop professional practice to ensure LGBT+ inclusivity within RSE work with young people
- Identify practical ways to challenge homophobia in a youth setting
- Identify where to signpost young people for support

PROFESSIONAL TRAINING

Sexual Behaviours Traffic Light Tool

HALF DAY

Brook's nationally recognised Sexual Behaviours Traffic Light Tool training provides a highly visible, multi-agency response that helps professionals to identify, understand and respond appropriately to sexual behaviours in young people.

The tool and training provide professionals within and across organisations with a framework for identifying whether behaviour is part of healthy development or if it is a cause for concern. It will also provide guidance on when to safeguard and/or signpost to internal or external support.

Prices start from £595

The training equips professionals to make consistent and informed decisions that neither pathologises nor criminalises young people. Participants will be trained to have robust and meaningful conversations around behaviour that causes concern and will be equipped to embed the tool within their practice.

Participants will be able to:

- Categorise behaviours and the law relating to these
- Explain healthy sexual development
- Integrate their newly created action plan into their organisation's toolkit



"I have attended probably well over a hundred courses during my time in a school and now as a youth worker, and there's always a sense of dread about being sat in a room listening to things you already know, which completely wasn't the case yesterday. I learned new information in a completely relaxed and friendly setting, and I've come away with a wealth of information that will directly affect how I approach this topic with the young people in my sessions, and probably me personally!"

James Dunn, Youth Worker, HIVE Youth Zone

For more information or to find out whether any of these training courses can be adapted to meet the needs of your staff, please contact:

training@brook.org.uk



BROOK QUALITY

Brook Quality is specifically designed to help schools implement mandatory RSE - and to do so as part of a whole school approach. It provides a comprehensive self-assessment framework that sets out the key areas that leaders and teachers will need to consider to provide young people with the best RSE and best experience of life within the school community.

FREE REFERENCE AND PLANNING DOCUMENT

We provide a free-to-use toolkit for all staff that links to many other Brook resources such as information, advice, guidance, leaflets and accredited online learning. It will help you to identify training needs and recommend the key policies, procedures and practices that will support a whole school approach. All of this is in line with the Department for Education's latest guidance.

Available for free from brook.org.uk/quality

EXTERNAL VALIDATION AND NATIONAL ACCREDITATION

Brook Quality also offers schools the optional opportunity for external validation and national accreditation through Brook, a sector leader in RSE. As part of this, schools receive a comprehensive assessment of their practice, policies and procedures and gain detailed feedback on their strengths and further areas for development.

Full day: £675

Including:

- a certificate
- digital badges
- 3 years' accreditation

WHAT IS A WHOLE SCHOOL APPROACH?

A whole school approach involves all parts of the school working together to make wellbeing and mental and sexual health fundamental to its culture, values and mission.

It relies on the cooperation of governors, senior leaders, teachers and all school staff, as well as parents, carers and the wider community.

At Brook we firmly believe that preparing for RSE is not just a case of adjusting the curriculum. It requires an alignment of policy, people and practice: the school's pastoral policies, the staff's knowledge of and attitude towards sexual health and wellbeing, and the learning provision for students.

THE STANDARDS OF BROOK QUALITY HAVE BEEN SET IN ORDER TO:

- Provide a clear structure to recognise and develop a quality whole school approach
- Highlight strengths, gaps and areas for improvement
- Achieve lasting improvements to practice and management through engagement of key stakeholders
- Improve individual and organisational confidence in the delivery and leadership of a whole school approach
- Evidence the quality of services being delivered to young people
- Involve stakeholders, including young people and parents, in the process of quality provision
- Provide a nationally recognised award for those demonstrating a quality whole school approach

BROOK CONSULTANCY

OUR EXPERIENCE

Working closely with our clinical teams, we at Brook have a unique understanding of the challenges young people face as they navigate their sexual identity, complexity of relationships, wellbeing and sexual health. Our combined clinical and educational experience makes us the leader in sexual health and relationships education based on our daily interaction with young people in clinical and educational settings.

We bring over 55 years of direct and practical experience with young people and schools across the UK, along with current best practice recommendations on the whole school approach, to provide both the best education and support along with the best experience of life within the school community for young people.

OUR SERVICE

Brook consultancy is designed to support professionals who work with young people. Our approach helps teachers, healthcare staff, youth workers, police officers and other professionals approach relationships and sex education, safeguarding and the whole school approach with knowledge and confidence. For schools, colleges, local authorities, NHS teams, etc. who require further support, Brook provides workforce development and consultancy as part of a bespoke, needs-led package.

Consultancy ranges from a single day to long-term, fully realised projects. Our team of experienced and qualified consultants comprises educational and RSE Specialists, clinical experts, strategic leaders and curriculum experts. Each of our consultancy partnerships is designed with the client's input and is shaped by agreed performance indicators linked to concrete results.

Prices start from £150 per hour

BROOK'S CONSULTANCY ACTIVITIES:

- Policy and curriculum consultancy: ensuring that policies are fit for purpose and curricula meet the minimum standards for mandatory RSE
- Co-designing lessons to fit within an individual school's wider curriculum
- Subject-specific development work with Heads of PHSE
- Workforce development: team-teaching, observing and mentoring of PHSE teachers and non-subject specialists
- Support with programme and project design and delivery



Working with Brook has been a really positive experience. Their knowledge and understanding about the issues and concerns facing young people today has been really useful in preparing our young people and their leaders for the experience of a lifetime.

"Brook's willingness to embrace and incorporate the ethos of scouting and guiding has enhanced the quality of the training and resources for our members."

Sally Yeo, Scouts

1-1 TARGETED SUPPORT

Brook's 1-1 support work is part of our wider education offer. It is an early help programme which aims to empower and support young people to improve their own health and wellbeing.

The structure and resources have been codesigned with young people and have been independently evaluated.

HOW DOES IT WORK?

Brook's targeted support is educational rather than therapeutic and is based on a supported self-help approach.

The sessions are designed to teach young people personally directed behaviour change skills and include the opportunity to practise the skills they have learned with the support of a Brook specialist. It takes a toolkit approach to the range of resources available, allowing our specialist to create a bespoke programme for each individual young person.

Our 1-1 targeted support is aimed at young people aged 11+ who chose to take part - voluntary engagement is key to the programme.

The structure provides a consistent framework for a programme of 1-1 sessions. Support can be delivered either as part of a fixed number of sessions (minimum of 6) or as part of ongoing support for an individual young person.

Priced at £125 per hour

OUR TARGETED SUPPORT HELPS YOUNG PEOPLE TO:

- Increase self-efficacy
- Own their issues / actions
- Work with us as equal partners
- Identify their own goals for support
- Be inspired and motivated to see a positive future
- Aspire to thrive

“

I don't think I've ever had somebody listen to me before. Just listen and not tell me what to do or what I'm doing wrong. Then she taught me things I really need to know.

“Things they don't teach in school. It was only 5 weeks but it's probably the best thing I've ever done. Lucky things like this don't usually happen to me.”

Connor, 15

“

I was being pressured into doing things I didn't want to do. I can see that now. Now I know it's okay to say no to things. I also know how to keep myself safe when I do start having sex again. I wish I'd done this two years ago”.

Kay, 17

GET IN TOUCH

For more information please visit:

brook.org.uk/education

For any enquiries please email:

training@brook.org.uk

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